#### **EYES ON PROGRESS**

The latest news and updates from The Progress Center



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In Loving Memory of Brenda Burgess

With heavy hearts, we remember and celebrate the life of Brenda Burgess, who brought so much joy to The Progress Center. For many years, she was a cherished participant in our community support program, and though she retired last year, her memory will remain with us forever.

Brenda had a deep love for animals, especially her cat, Miss Kitty. She also had a special place in her heart for all things Hello Kitty. She enjoyed iced coffee no matter the weather, going out to eat, or watching I Love Lucy. On warm days, Brenda loved sitting by a campfire with her shared living provider, Patty, reminiscing about her past.

We know that Brenda would want to recognize the special bond she shared with her Shared Living provider, Patty Tisdale. Patty was not just a caregiver but a dear friend and someone Brenda held in the highest regard. Over the years, Patty went above and beyond to ensure that Brenda's final years were filled with love, happiness, and meaningful memories. We know that Brenda thought the world of her and that the love between them will never be forgotten.

Rest in peace, Brenda.

With love, Sarah Rosenberg, The Progress Center Shared Living Manager



### CONGRATULATIONS TO GINA BUCHKO



#### Gina,

We want to take a moment to celebrate your recent graduation from The University of Farmington with a degree in elementary education! Your dedication to balancing academics while maintaining excellent performance at The Progress Center is commendable.

We are proud to have you as a valued member of our team! We know that your new degree will only enhance your abilities and contributions here at The Progress Center and as you step into your new role as a 6th-grade teacher. We are excited to see what you will achieve in the future and are fully supportive of your professional development goals. You've worked hard for this. Please accept our sincere congratulations and best wishes for continued success in your career.

#### **Employee Spotlight 2024**

The Unsung Hero and Employee of the year, Jamie and Phil, have each demonstrated exceptional dedication, outstanding performance, and leadership in their roles. Their contributions have had a lasting positive impact on their co-workers and the people we help, making them both truly deserving of this recognition.



### 2024 Unsung Hero

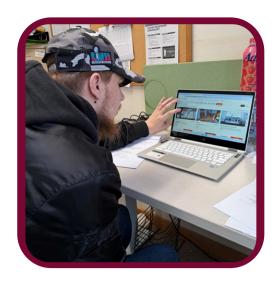
Jamie is a life saver to The Progress Center as a whole with her abilities to troubleshoot and fix problems with Awards/Foothold. She is able to help everyone when they are stuck with a problem in Awards as well as looking through the many State regulations for answers to questions for our programs. She stays on top of new regulations and processes in Awards and passes that information on to the rest of the company. Jamie is very committed to her job and pays close attention to the quality of her work as well as that of the rest of the company.

## 2024 Employee of the Year



Phil has been very successful this year in continuing the transformation of our community supports program to create Lifes Unlimited, through his leadership the team has embraced providing a community centered program, lead by the interests of the participants. Phil is an encouragement to all DSP's, and makes both clients and guardians feel heard.

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#### LIVES UNLIMITED

#### "HOW TO ADULT" PROGRAM

A few Lives Unlimited participants are working on a new project called "How To." It is designed to teach participants essential independent living skills through realistic, hands-on experiences. It covers budgeting, apartment selection, car shopping, and managing monthly expenses, and helps them develop practical knowledge for navigating adulthood successfully.

#### **Upcoming Events**

Thursday, February 13th: Youth Transition Planning Series- Employment Support Saturday, February 15th: My Bloody Valentine Murder Mystery Dinner

Thursday, March 13th: Youth Transition Planning Series- Residential Support

#### SHOUT OUTS

I would like to give a huge shout out to all of my CCMS – Christine, Danielle, Jennifer, Kevin, Nancy, Maura, Suzanne and Samantha. They have been ROCKING it the last few weeks with billable units, which as you know means lots of good contacts, supports and work being done with and on behalf of our adult Case Management clients.

THANK YOU, Julia

I would like to thank Desiree Piawlock for her hard work and commitment the last couple of months. Due to staffing shortages, Desiree has adjusted her schedule to accommodate working solely overnights for the last two months. This is very much appreciated and I appreciate all that she does for her residents and teams.

THANK YOU, Renee

#### WELCOME

#### New Employees

Troy Peterson Israel Kabata Abdi Osman Angela Eustache







#### Let's Talk: Defensive Driving

You can't control what other drivers do. But you can do things to lower your chances of being in a crash. This is what it means to be a defensive driver.

#### **How Do I Drive Defensively?**

Before you get behind the wheel, get into the right mindset — be alert and, focused, and watch out for other drivers. Then:

- 1. Pay attention to your surroundings. Check your mirrors often and scan to see what's happening 20 to 30 seconds ahead of you. Keep your eyes moving. If you see an aggressive driver, slow down or pull over. Always keep an eye out for walkers, runners, bikers, and pets along the road.
- 2. **Keep your speed down**. The best way to stay in control of your vehicle is to observe the speed limit. The faster you go, the harder it is to respond if someone pulls out in front of you or runs into the road. And lower your speed when the weather is bad.
- 3. Follow the 3-second rule to set a safe following distance. As you drive, look ahead and find a "marker," like a sign, on the side of the road. When the car in front of you passes it, start counting from 0 to 3. If you reach the marker at the count of 3, you're keeping a safe 3-second following distance. If not, slow down. When weather or road conditions are poor, increase the distance to 6 seconds.
- 4. Cut out distractions. Any activity that takes your attention away even for a second— is a distraction. It's dangerous and can lead to a ticket in many states. Stay focused until you reach your destination. You can put your phone away or turn on automatic replies that will tell others you're busy driving.
- 5. Don't rely on other drivers. Always be considerate of other drivers but look out for yourself. You can't be sure that another driver will move out of your way or allow you to merge. Instead, assume other drivers might be distracted or don't see you. Think about what you would do if another car pulls out in front of you. Being prepared is key. Some drivers will run red lights or stop signs, so you need to be ready.



To Benefit The Progress Center Get Your Tickets Today

#### SATURDAY, FEBRUARY 15, 6-8 PM THE VICTORIAN ON MAIN 230 MAIN STREET NORWAY, ME 04268



DINNER, DRINKS, DREAD...

Love is in the air... but so is suspense, betrayal, and bloodshed. Join us this Valentine's Day for an unforgettable evening of secrets and scandal at our **Bloody Valentine Murder Mystery Dinner!** Whether you're here for romance, revenge, or just a thrill, prepare yourself for an evening filled with twists and turns.

Drape yourself in Valentine's elegance – but beware, bloodstains are always in style. Glamorous evening attire is encouraged, as well as a hint of mystery. Think reds, blacks, and maybe a splash of something sinister.

Will you be a cold-blooded killer, a hopeless romantic, or the detective who solves it all? Get ready to put your heart on the line—and maybe even your life!

We have 50 seats available for this event. Help us sell all of the tickets by going to TPC's Facebook page and sharing the event details with all of your friends and family!

BUY TICKETS: HERE OR SCAN HERE:

Brought to you by Maureen Bilodeau, Co-Executive Director of The Progress Center

# **WHAT WILL YOUR CHILD'S FUTURE LOOK LIKE? START PLANNING TODAY!**

Youth in Maine receiving special education services are entitled to transition support. Planning for the future can feel overwhelming, but you don't have to navigate that journey alone.





## **EMPLOYMENT SUPPORT**

Renee Woodley and Sarah Rosenberg will share Maine's 3 most common residential services: in-home, shared living, and residential services.



## RESIDENTIAL SUPPORT

Katie Corliss will outline Maine's work support services available to help with job preparation, career planning, and on-the-job support.



#### FAQ

Join our guest panel as they share their personal experiences and insights, and get ready to have all your questions answered.

# space is limited: progresscentermaine.org Register online to reserve your spot,

5-day informational series focusing on different support services options to help guide parents and families as they start their youth transition planning journey.



progresscentermaine.org facebook.com/ theprogresscentermaine 207-743-8049 | TTY 7-1-1

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